

Gefilte Fish

Yield: 16 min

Total Time: 160 min

Recipe from: <https://www.recipeschoose.com/recipes/fiddleheads-indian-recipe>

Ingredients:

- 1 pound halibut ground
- 1 tablespoon salt
- 1 shallot cut into small dice
- 1/3 cup fresh flat leaf parsley chopped
- 1 teaspoon turmeric
- 1 egg
- 1/2 cup matzo meal
- 1/4 cup canola oil
- 1 yellow onion cut into small dice
- 2 garlic cloves thinly sliced
- 1 carrot cut into small dice
- 1 cup sherry vinegar
- 1/2 cup water
- 1/2 cup sugar
- 4 artichokes large
- 2 tablespoons olive oil
- 1 yellow onion slivered
- 4 garlic cloves slivered
- 1/4 cup white wine vinegar
- salt to taste
- canola oil for frying
- 1/2 cup all purpose flour
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon salt plus more, to taste
- 3/4 cup seltzer water
- 1/2 pound fiddleheads trimmed and washed
- cilantro leaves Fresh, for garnish, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 590 milligrams
9. Sugar: 8 grams

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